

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

FEBRUARY 24, 2006

Marines participate in Great Aloha Run

Corinne Knutson
Lifestyles Editor

Military participation at the Great Aloha Run nearly doubled this year, growing from 3,028 to 4,800. But despite a larger number of participants in the Sounds of Freedom military formation run, the majority of military top finishers remained the same as last year.

The top military male finishers were Chris Larson, National Guardsman, at 45:24; Antonio Eppolito, Air Force, at 46:23, and Jeffrey Tomaszewski, Navy, with a time of 46:34.

The top military female finishers were Cristy Prichard, Navy, at 52:53; Fay Slattery, Air Force, at 54:25 and Sandra "Sandy" Ferreira, Coast Guard, at 55:06.

The 2005 race results are as follows: Men's Division — Larson, 44:45; Eppolito, 44:45 and Rob Adams, Marine Corps, 46:03. Women's Division — Prichard, 52:09; Ferreira, 52:51; and Slattery, 53:39.

With times slightly slower than last year, Ferreira and Slattery have been alternating between second and

See ALOHA, C-2



Corinne Knutson

Marines from CSSG-3 start the "Sounds of Freedom," portion of the 22nd Annual Great Aloha Run in formation. The number of military participation almost doubled in this year's race.

MALS-24 improves win streak to eight



Lance Cpl. Ryan Trevino

Center Gabriel Wharton, MALS-24, shows his wing-span in the paint during an intramural basketball game at the Semper Fit Center here, Feb. 14. Wharton scored 21 points during the game.

Lance Cpl. Ryan Trevino
Sports Editor

The Marine Aviation Logistics Squadron 24 Warriors kept their winning streak alive when they defeated Patrol Squadron 4 Skinny Dragons, 52-29, Feb. 14., in an intramural basketball game at the Semper Fit Center.

The Warriors move to 8-0 and the Skinny Dragons fall to 2-2 for the season.

The Dragons were too outnumbered and outsized to compete, according to Dragons forward Michael Redden.

"They're trying to wear us down," said Redden, referring to the constant rotations the Warriors

were executing throughout the game.

However, Warriors Coach Dean Lazarou had a different reason for constantly rotating players in an out.

"Everybody contributes. There is no superstar on the team," said Lazarou. "I like to play every man on the team."

Warriors center Gabriel Wharton led his team to victory, racking up 21 points total — 15, in the second half. Wharton had trouble getting started in the first half because of the foul strategy used by the Dragons to contain the 6-5 giant.

"They are giving me the Shaq treatment," said Wharton referring

See MALS-24, C-5



Lance Cpl. Ryan Trevino

Warriors' coach Dean Lazarou strategizes with his players during a timeout. The Warriors kept their winning streak alive by defeating the Skinny Dragons of Patrol Squadron 4, Feb. 14, 52-29.

Marine Corps surf team places second in competition

Tony Kim
Special to the Hawaii Marine

Hawaii's best active duty surfers came together to battle for bragging rights between the armed services this past Sunday, Feb. 12, in four feet eight inch foot surf at Pyramid Rock Beach, Kaneohe Bay, Hawaii. "The surf, wind, tide and weather were extremely challenging going from a perfectly sunny day with clean and smooth waves in the morning to overcast skies and raging wind-swept waves at noon to larger wave heights, clearing skies, and

See SURF, C-4

Cobra Kai dodge loss in Camp Smith Dodge Ball Tournament

Lance Cpl. J. Ethan Hoaldrige
Marine Forces Pacific

U.S. MARINE CORPS FORCES, PACIFIC, CAMP H. M. SMITH, Hawaii — Hard-throwing, lightning-quick dodging and diving catches led Marine Air Group 24 Cobra Kai to a championship victory against the Camp Smith Longhorns in a dodgeball tournament, Friday.

The tournament was put on by the Single Marine & Sailor Program at Camp H.M. Smith's Semper Fit Center.

Cobra Kai went undefeated, winning five straight matches. There were a total of nine teams participating.

The championship

game was full of suspense. At one point in the game, there was only one player on the court for each team.

In the end, Cobra Kai bounced back when Tim Hudak, Cobra Kai team captain, hit one of the last two remaining Longhorns. Richard Weiss, a Cobra Kai teammate, caught the ball of the last Longhorn standing to clench the championship.

The Marines said they enjoyed coming out and participating in the tournament.

"It's great to get out of the office and enjoy some healthy competition with other Marines in my shop," said Hudak. "We've played in a couple of other dodgeball tournaments before."

"We're probably the best dodgeball team from Kaneohe Bay," said one of Hudak's teammates, chiming in.

The Single Marine & Sailor Program also coordinates many other events throughout the year.

"Our next event is the Shank and Slice golf tournament, which will be for sergeants and below, March 30," said Gabby Black, SM&SP coordinator at Marine Corps Base Hawaii, Kaneohe Bay.

For more information on upcoming SM&SP events, visit their Web site at <http://www.mcc-shawaii.com/kahunas>.



Lance Cpl. Ethan Hoaldrige

Damien Pearson, G-6 team, dodges a ball thrown at him during a dodge ball tournament. The event was sponsored by the Single Marine & Sailor Program and took place at Camp H.M. Smith, Feb. 17.

Sports Briefs

March 25

CSSG-3 Swamp Romp — The 12th Annual Combat Service Support Group 3 Swamp Romp is right around the corner. Referred to as Hawaii's dirtiest footrace, the Swamp Romp returns to Kaneohe Bay March 25. The race begins at the Boondocker Building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud. For more information on the Swamp Romp, call the varsity sports coordinator at 254-7590.

Ongoing

Paintball Hawaii

Nestled behind the Lemon Lot, is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283, for Friday appointments.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings. They will tailor a program, based on your physical needs and ambitions for \$5 per workout.

Community

8th Annual Fort DeRussy Biathlon

Fort DeRussy Beach will be the site of a biathlon and children's race, March 4. The 8th Annual Fort DeRussy Biathlon and Keiki Run-Swim-Run will begin with the adults at 7 a.m. followed by the children at 8:20 a.m. in front of Hale Koa Hotel. Adults can choose a long course, which consists of a 5-kilometer run and a 1-kilometer swim, or a short course, which is a 2.5-kilometer run and a 500-meter swim. Distances for the children's race vary by age. Costs to register are \$18 for individuals, \$16 for students and \$15 for military. Affordable parking is available in the Hale Koa Hotel parking garage for military and general public. Athletes who want to participate can register online at www.active.com.

Run to the Sun Heads up Haleakala

Run to the Sun is a 36-mile ultra marathon starting at sea level and climbing to the 10,023-foot summit of Haleakala, legendary "Home of the Sun," and will take place March 25. This challenging course is not for the novice marathoner. Entrants must be 18 or older and rigorously prepared to meet the challenge of the strict 10-hour time limit. Detailed course and event information will be sent to each entrant upon receipt of application form and fee. Relay teams of three persons may also enter Run to the Sun. There will be no race-day registration. Entry fee is \$95 for individuals and \$150 for relay teams, if registered by March 17. Runners can enter by mailing in a form available at www.virr.com/run_2_sun.html or by registering online at www.active.com.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to editor@hawaiimarine.com or call 257-8837.



Lance Cpl. Roger L. Nelson

Intramural champions

Brig. Gen. Steven A. Hummer, commanding general, Marine Corps Base Hawaii, Kaneohe Bay, presents Staff Sgt. Shama Hernandez, staff noncommissioned officer-in-charge, Base Working Party, with the 2005 Commander's Cup at a the morning colors ceremony Feb. 17. The cup is presented to the winner of all intramural sports and Commanding General's Semper Fitness series programs that are conducted on base throughout 2005. Nine major commands competed for the Commander's Cup. Headquarters Battalion is the winner of the 2005 Commander's Cup for the second time in three years.



Corinne Knutson

Marines Assigned to 3rd Radio Battalion pose for a photo after the race at the Aloha Stadium finish line. Eighteen of the Battalion's Marines participated in the event and finished in one hour and 22 minutes.

ALOHA, from C-1

third place for the past two races. Coincidentally, Slattery's husband, Antonio Eppolito, a 15th Medical Group physician at Hickam Air Force Base, has also placed second overall for the past two years. "It's funny, because all three of us did the race last year. Fay and I just switched off," Ferreira said. Ferreira explained that this year's rain and humidity most likely had an affect on the racers' times. "It was much cooler last year. This year was hot and muggy," she said. Ferreira is currently training for the Half Ironman race on the Big Island in June. Ferreira said that the Great Aloha Run is a good kick-off event for the upcoming

race season.

Both military spouses, Ferreira, 36, and Slattery, 41, train together regularly and often run track and distance together. Slattery is a Spanish teacher and track coach at Punahou School in Honolulu. Ferreira works downtown as an insurance agent. Both have been running for the past 25 years. For those new to road racing, Slattery explained, "Training with someone really works. When Sandy and I train together, it really helps with motivation, because you never want to let your running partner down."

Slattery and Ferreira train six days a week and run 45 miles or more. Although Slattery and her husband are both competitive runners, she said that they train

separately. "We only train together once a week," she said. "He's just too fast."

In road racing, fast is a relative term. In last year's Great Aloha Run, Larson beat Eppolito by a fraction of a second, but Eppolito said while he will definitely compete in next year's race, he has no plans to finish first. "Larson — he's too fast," Eppolito said. Eppolito and Larson also train together.

Along with the military winners, 4,100 Army, 500 Marines and 100 Navy personnel participated in this year's Sounds of Freedom formation. At 6:50 a.m., each began the 8.15-mile race from Aloha Tower Market Place to the Aloha Stadium. All regiment tracked along Nimitz Highway,

shouting cadence that echoed from the walls of downtown office buildings.

Each year, servicemembers provide logistical support for the event. Army Brig. Gen. Mick Bednarek, deputy commanding general, 25th Infantry Division said, "This weekend is a four-day holiday for all our Marines, airmen, soldiers and Sailors. So, this is a 100 percent voluntary event. For all our soldiers in the 25th Infantry Division, we were up at 3:30 a.m. this morning. We were in formation loading buses to come down here and prep for the start line. We offered huge logistical support, but many of the soldiers enjoy the run and know that they're giving back to the community."

ADA offers dental care tips for your baby

Press Release

American Dental Association

Q: When should my child first see a dentist?
A: First visit by first birthday-sums it up. Your child should visit a pediatric dentist when the first tooth comes in, usually between six and 12 months. Early examination and preventive care will protect your child's smile now and in the future.
Q: Why so early? What dental problems could a baby have?
A: The most important reason is to begin a thorough prevention program. Dental problems can begin early. A big concern is Early

Childhood Caries (also know as baby-bottle tooth decay or nursing caries). Your child risks severe decay from using a bottle during naps or at night or when they nurse continuously from the breast.
The earlier the dental visit, the better the chance of preventing dental problems. Children with healthy teeth chew food easily, learn to speak clearly, and smile with confidence. Start your child now on a lifetime of good dental habits.
Q: How can I prevent tooth decay from a bottle or nursing?
A: Encourage your child to drink from a cup as they approach

their first birthday. Children should not fall asleep with a bottle. At-will night time breast-feeding should be avoided after the first primary (baby) teeth begins\to erupt. Drinking juice from a bottle should be avoided. When juice is offered, it should be in a cup.
Q: When should bottle feeding be stopped?
A: Children should be weaned from the bottle at 12 to 14 months.
Q: Should I worry about thumb and finger sucking?
A: Thumb sucking is perfectly normal for infants; most stop by 2. If your child does not, discour-

age it after 4. Prolonged thumb sucking can create crowded, crooked teeth or bite problems. Your pediatric dentist will be glad to suggest ways to address a prolonged thumb-sucking habit.
Q: When should I start cleaning my baby's teeth?
A: The sooner the better! Starting at birth, clean your child's gums with a soft infant toothbrush and water. Remember that most small children do not have the dexterity to brush their teeth effectively. Unless it is advised by your child's pediatric dentist, do not use fluoridated

Tripler to hold open house for Patient Safety Week in March

Media Release

Tripler Army Medical Center Public Affairs Office

HONOLULU — There will be an open house on patient safety in the military healthcare system at two locations March 6 that will be sponsored by Tripler Army Medical Center. Maj. Gen. Gale S. Pollock, Tripler's commanding general, will speak at the Cobra Den, Schofield Barracks Health Clinic, Building 686, at 4 p.m. and Tripler's Kyser Auditorium, first floor, Oceanside, at 6 p.m. also on March 6. Pollock is scheduled to discuss what is currently being done to ensure patient safety and



The Bottom Line

Editor’s Note: “The Bottom Line” is a weekly sports commentary written by two sports aficionados who sometimes don’t see eye-to-eye. The Texan, Lance Cpl. Ryan Trevino, and The Vice, Tony Blazejack, who hails from Miami. Send your “Reader’s Strike Back” comments to editor@hawaiimarine.com and your suggestions will be considered. We look forward to hearing from you, whether you agree with one of us, both of us, or neither one of us.

Should Bonds retire before breaking the record?

The Vice

There are two things I loathe in major league baseball.

First the owners — the George Steinbrenners of baseball — who continually degrade the game until it is nothing more than a fairy tale package of superstardom and ego and those who could care less about the essence of the sport so long as the cash keeps flowing in.

The second is Barry Bonds.

Few professional athletes have invoked the kind of off-the-field attention that Barry has. His rollercoaster relationship with the media always seemed to captivate, the same way his swing has. He has been involved in countless feuds with sports writers over nearly every imaginable issue — from his family life to his alleged steroid use.

Now that his five-year, \$90 million contract with the Giants is coming to a close, the sports world is engulfing Barry once again with an onslaught of new questions about retirement, home-run records, and his last-second decision to ditch the World Baseball Challenge.

There is little doubt that

Barry will break the home run record. He will go down in history as the most dangerous and explosive power hitter the MLB has ever seen. Yet, his career will always be marred by his controversial attitude toward teammates and the media, and tarnished by a mysterious relationship with illegal performance-enhancing substances.

Yet, the questions remains about his retirement. Many wonder, will he keep going after the record?

Barry has been the best and worst thing for the San Francisco Giants. Yes, Barry is the show stopper. Yes, he is the reason ballparks get packed when the Giants come to town. He’s a present-day owner’s dream.

He is also the reason for the Giants’ lack of success. I have said for years now that the Giants will never win a world series title with Barry Bonds. The Giants’ administration allowed him too much leverage on the team and with that ego, he has effectively decimated their clubhouse. His presence, and all the baggage that comes with it, prevented the team from operating as such. His attitude shatters any hope of achieving the focus and

momentum needed to go all the way. Giants’ fans need to ask themselves why they’ve never won a World Series.

In the 2002 World Series against Anaheim, Bonds batted .471, logged an unbelievable .700 on-base percentage, and blasted four home runs. How then could the Giants lose in seven games? The Giants were and still are, built around Barry Bonds. The Angels came together for that extra push, much like the Marlins did the next year against the Giants in the wildcard playoffs, and the Giants had no final say. No matter how good he is, Bonds can’t carry the team all the way by himself. That is the beauty of baseball.

What can be done to ensure Barry a proper exit from baseball? How can the MLB pay homage to a legend of our time? I have a solution: trade him to the Yankees!

Think about it. He’s perfect for them. Giambi, Sheffield and Bonds. While we’re at it, maybe Steinbrenner could deal for Sammy Sosa. Hey, let’s bring back Jose Canseco and Rafael Palmiero, too! The Yankees could even launch in a reality television show that

See *VICE*, C-6

The Texan

After hearing Barry Bonds’ plans to retire at the end of the 2006 season, I was in disbelief. One of the greatest ballplayers of all time is talking about leaving just before reaching Hank Aaron’s home run record. The man has only 48 homers to go to best Aaron’s 755 and six to top Babe Ruth. Why on earth would he think about stopping now?

In my opinion, it only seems right for the record holder for most home runs in a season should also have the most career dingers too. However, keep in mind that I’m speaking only of him while on the field, because Barry Bonds as a person? Questionable. But, Barry Bonds as the greatest power hitter to ever play the game? Undeniable. Does he deserve the record? Yes.

“You’re competing against so many different odds: for the fan’s gratification, for the organization’s satisfaction, for your own satisfaction,” said Bonds.

At this point of his career, Barry should only care about satisfying himself and forget about the fans and the organization. I mean, lets face it, the fans think he’s guilty of steroid use, and the Giants aren’t winning a world series anytime soon. If he leaves the game without breaking Aaron’s record, he leaves as a nobody, plain and simple. He will be remembered as a disgrace to the game because of his alleged steroid use and his hostility towards the media. Nothing more. He’ll never be able to shake that stigma.

But what he can do to lighten its load is pursue Aaron’s record, even if it takes him two more years, and it shouldn’t, because he still has the sweetest swing in baseball. I mean, that thing is like butter. With that record on his

resume, Bonds will be able to retire with some of his reputation still in tact. He won’t be like the other chumps who were involved in the steroid scandal. They didn’t really do anything too great. They are shamed for life, but Bonds can come out of this whole mess with something good. I’m mean, what’s the point of trying to enhance your game and not get any real results?

Bonds holds a record seven Most Valuable Player awards - no other player has reached more than three MVPs - and eight Gold Gloves. The man is a god on the diamond, and he’s thinking about calling it quits before he reaches the very top of the mountain. Bonds even hit all his homers with pitchers who were trying to pitch around him instead of to him, which would explain his record for most career walks.

Do I think the performance-enhancing drugs that he unknowingly took helped him out a little? Sure, but no way did it have as much affect as people believe. His swing mechanics and natural ability are what boosted him over all other players.

Bottom Line: Barry deserves to take home this record before he lays down his bat for good. I don’t believe for one second that he knew that the drugs he was getting from his trainer were illegal. He didn’t need that stuff to excel. He was slamming homers way before any of this ever came up. He used fundamentals to be great: crowd the plate; choke up on the bat. These are what set Bonds apart from everyone else. Bonds should go down in history as the greatest home-run hitter to ever step up to the plate. He definitely has 48 homers left in him, and the people should give him a standing ovation for each one he hits out of the park, until he hits 756.

Sports around the Corps

Okinawa wrestlers strive for All-Marine Wrestling Team

Lance Cpl. Terence L. Yancey

MCB Camp Butler

MARINE CORPS BASE CAMP BUTLER, OKINAWA, Japan — Seven Okinawa-based Marines were selected to participate in the 2006 All-Marine Wrestling Team tryouts at Marine Corps Base Quantico, Va.

The Marines selected are Chris Herrera, Liam Madden, Michael Malloy, Moises Hernandez, Salvatore Vecchia, Andrew Hogan and Benjamin Grijalva.

The All-Marine hopefuls will compete in various matches during the month of February and will compete in the All-Marine wrestling finals to determine who will make the team, according to Maj. Dan Hicks, the Marine Corps

wrestling team head coach.

“Sixteen Marines will be named All-Marine, but we typically have 25 plus on the roster,” said Hicks, who has coached the team since October 2004. “The Marines who don’t make the team are usually the young guys developing for the future.”

Wrestlers can develop their abilities by competing in wrestling tournaments or train in a group like Team Okinawa, a local wrestling team.

Team Okinawa is a group of wrestlers who train with a member of the All-Marine wrestling team.

During September and October 2005, representatives from the All-Marine wrestling team visited the major Marine Corps camps and held mini-wrestling camps to assess the

wrestlers and spread awareness of the Marine Corps’ wrestling program, according to Hicks.

For many of the Marines, wrestling for the Marine Corps is a big step in their wrestling careers, according to Hogan, a postal clerk with MCB Camp Butler who has been wrestling since he was 5.

“Having the Marine Corps as a sponsor would help me get into tournaments that I otherwise wouldn’t have been able to make,” he said.

The All-Marine wrestling team has competed in Finland, Sweden, Estonia, Russia, Poland, Lithuania, Germany, Nevada and Florida. The team is currently in Colorado Springs, Colo. preparing to compete in the

See *WRESTLING*, C-5



Lance Cpl. Warren Peace

Chris Herrera (left) performs a throw down on Joel Stricker during a 163-pound weight division bout Nov. 19 at the Camp Hansen Open Wrestling Tournament at the House of Pain Gym. Stricker suffered a shoulder injury as a result of the throw and was taken by ambulance to the U.S. Naval Hospital Okinawa for treatment. Herrera went on to win the bout earning first place in division.

SURE, from C-1

calmer winds for the finals. The caliber of surfing was excellent, and the competition was fierce as each surfer representing a different branch of service jockeyed for the best wave, and coped with radical weather changes and unrelenting surf.

The Marine Corps Surf Team, captained by Chief Warrant Officer 3 John Kauffman, finished an impressive second place overall in the 2006 Hawaii Armed Services Athletic Council Surf Championship. “We put together a large and experienced team, then we carefully placed seasoned contest surfers in every division. We also discussed team strategy and studied the wave conditions carefully. I think we stunned the other services who didn’t take us very seriously,” said Kauffman.

The members of the Marine Corps surf team were Scot North, Greg Donohoe, and Loren Molumby in the Men’s Short Board Division; Makani Christensen, John Kauffman, and Rich Martinez in the Men’s Senior Short Board; John Kauffman, Rich Martinez and Mitch Rash in the Men’s Masters Short Board; Makani Christensen, Robert Kono, and Eric Olson in the Men’s Long Board; Makani Christensen, Robert Kono and John Kauffman in the Seniors Long Board;

Reginal Jones, Karl Trenker, and John Kauffman in the Masters Long Board; Rob Kono and Makani Christensen in the Body Board; Yuko Whiteside in the Women’s Short Board; and Juliet Barnes in the Women’s Long Board Division.

Special mention goes to Juliet Barnes who braved high winds and white-capped seas to catch four solid waves and capture fourth place in the Women’s Long board, and to Yuko Whiteside, who rode aggressively and skillfully to place first in the Women’s Short Board Division. Makani Christensen charged the outside sets to take fourth place, and Robert Kono used well-timed, dropped-knee maneuvers and pulled some smooth 360-degree turns to finish second place in the Body Board Division. The tag-team warrant officers, Rich Martinez and John Kauffman tore up the outside sets and picked off great waves to earn a fifth and second place, respectively, in the Master’s Short Board. The tank Karl Trenker glided to 5th place in the Master’s Long Board, and John Kauffman switched his stance and caught the large outside set waves to earn third place in the Master’s Long Board Division. Final Team Results: 1st place- Coast Guard 2nd place-Marines, 3rd place Navy, 4th place Air Force, 5th place Army



Members of the Marine Corps Surf Team from Marine Corps Base Hawaii, Kaneohe Bay hold up their trophies. Back row, left to right: Makani Christensen, Karl Trenker, Juliet Barnes, Rob Kono, John Kauffman. Front row, left to right: Rich Martinez, Yuko Whiteside.

Sports around the Corps

Team Marines geared for fury



Team Marines Racing is primed and ready to kick off the 2006 NASCAR Busch Series race season in furious fashion this weekend during the Hershey’s Kissables 300 at Daytona International Speedway in Florida.

Staff Sgt. Marc R. Ayalin and Team Marines Racing

Marine Corps Recruiting Command

DAYTONA BEACH, FL — Team Marines Racing is primed and ready to kick off the 2006 NASCAR Busch Series race season in furious fashion this weekend during the Hershey’s Kissables 300 at Daytona International Speedway in Florida.

Following a busy off season, Team Marines driver Ashton Lewis Jr., a veteran of 191 Busch Series races, returns to Team Rensi Motorsports for his second season of competition behind the wheel of the Number 25 Team Marines Ford.

“We are real excited to kick off our second season in the Team Marines Ford Fusion,” Lewis said. “This weekend’s race is loaded with talented race cars and race teams, so it’s important for us to run up front and contend for a strong finish. Our goal this season is to be a top-10 team and win our first race in the Team Marines Ford Fusion. We have worked hard this off season on making all of our cars better; this weekend will be our first test.”

Lewis faces an extra challenge. At the start of the season, the Chesapeake, Va. native broke his Talus bone (top of the ankle) in late November while visiting Parris Island Marine Corps Recruit Depot. After surgery

and rehabilitation, Lewis said he is ready for the demands of the 2006 race season.

“I am almost back to 100 percent now. Thankfully, the injury occurred during the off season,” said Lewis. “With the majority of my rehab behind me, I am completely focused on having my best year ever, and putting the Team Marines Ford in Victory Lane!”

Despite his anticipation in kicking off this year’s race season, Lewis says he is passionate about representing the Marine Corps in 2006.

“It would mean the world to me if I could win a race for all the Marines across the world that are defending our freedom and allowing us to enjoy activities like NASCAR racing back here at home”

BABY, from C-2

toothpaste until age 2-3.
Q. Any advice on teething?
A: From six months to age 3, your child may have sore gums when teeth erupt. Many children like a clean teething ring, cool spoon, or cold wet washcloth. Some parents swear by a chilled ring; others simply rub the baby’s gums with a clean finger.



“The family suggests that memorial contributions be made to the American Stroke Association.”

American Stroke Association.

A Division of American Heart Association

AMERICAN STROKE ASSOCIATION
MEMORIAL CONTRIBUTIONS

1 8 0 0 - A H A - 1 2 3 4

to the several fouls committed against him in the first half. “I’m a lot bigger than they are, and all they can do is foul me to stop me.”

Wharton also added nine rebounds before the game was through.

The Warriors led by 10 going into the second half, but, surprisingly this lead wasn’t enough for Coach Lazarou.

“We were slow coming out,” said the coach. “We should be up by a lot. Even if the shots aren’t falling now, they will fall later on.”

And the shots did fall. The Warriors outscored their opponents 32-19 during the second half.

“There was a lot of hustle at the end,” said Lazarou. “They showed plenty of heart.”

Wharton knew the Dragons did not have a solution for guarding him, so every chance he got, Wharton exploited their weakness.

“They (the Dragons) had nobody big to guard me,” said Wharton. “So, my teammates just had to come through me, and they did.”

When Coach Lazarou was asked what his team did in practice to become so efficient on the court, he didn’t really have an answer.

“We really don’t get a lot of practice,” said Lazarou. “The games are our practices.” He added, “Each game we play together, the stronger we get as a team.”

Coach Lazarou said he liked to keep it simple when it came to strategy.

“We try to attack hard and score as many points as possible,” said the coach.

Forward Joseph McCray led the Dragons in scoring with eight points. Ivan Parker added six.

WRESTLING, from C-3

Dave Schultz Memorial International Tournament, according to Hicks.

“The All-Marine wrestling team competes in a wide variety of wrestling competitions around the world,” he said. “The best Marines can expect to compete in Europe at least twice a year and all throughout the U.S.”



Lance Cpl. Ryan Trevino

Warriors’ guard Logan Carraway stops for a quick jumper. The Warriors stay undefeated in the Intramural Basketball League.



Cpl. Sarah M. Maynard

Chris Llanes (left) wrestles Mark Mullen during the double elimination Open “Gut Wrench” Wrestling Tournament at Gunners Fitness Center Jan. 28 on Camp Foster. Many Marines on Okinawa wrestle in Marine Corps Community Services sponsored tournaments to gain experience. Seven Marines from Okinawa were selected to participate in the 2006 All-Marine Wrestling Team tryouts at Marine Corps Base Quantico, Va.



Ben T. Barkley (left) wrestles with Chris Herrera for first place in the 163-pound weight division during Open “Tap Out” Tournament Oct. 22 at Camp Schwab’s Power Dome Gym. Many Marines on Okinawa wrestle in Marine Corps Community Services sponsored tournaments.

Lance Cpl. Warren Peace

Intramural Baseball Standings (as of Feb. 21)			
TEAM	WINS	LOSSES	
HQBN	2	1	
MAG 24	2	1	
VP-4	2	1	
VP-9	4	2	
1/12	3	3	
CLR-3	0	3	

Intramural Basketball Standings (as of Feb. 20)			
TEAM	WINS	LOSSES	
VP-9	8	0	
1/12	6	0	
CSSG-3	6	0	
MALS-24	8	1	
VPU-2	4	1	
HMH-362	5	3	
VP-4	3	2	
3D MARINE REG.	2	2	
MESS HALL	4	5	
HSL-37 “A”	2	5	
IPAC	1	4	
HSL-37 “B”	1	7	
MCAF	1	9	
CSSG-3 (MAINT.)	0	2	
2/3	0	2	
G-6	0	6	

